

means for connecting said layers to each other to define a stack of three layers,

the uppermost layer in said stack of layers including a top surface on which the exercising and sports conditioning is performed,

[an] the intermediate layer being comprised of material that will absorb the impact of a jump and thereby minimize the likelihood of injury,

[a] the bottom layer[, said bottom layer] having a bottom surface, said bottom layer being substantially the same size as said intermediate layer and being connected to said intermediate layer by a hot melt adhesive. [and]

said bottom surface resists sliding on the surface which supports said mat so that said mat will not slide from under an exerciser who will otherwise fall and risk serious injury, and

a plurality of indica [elements] on said top surface, said indicia [elements] defining a plurality of locations for foot placement before and after jumping routines in exercising and sport conditioning.--

Please amend claim 6 as follows:

6.(Twice Amended). The mat described in claim 1
wherein

said plurality of indicia [elements] on said top surface define inner and outer rectangular polygons,

the distance across said outer rectangular polygon in at least one direction is about eighteen inches, and

the distance between said inner and outer rectangular polygons is about the width of the foot of an exerciser.

Please amend claim 26 as follows:

26 (Amended). The mat described in claim 1 including a hot melt adhesive for connecting [said bottom layer to said layer of shock absorbing material, and]

said layer of shock absorbing material to said top layer.

Please amend claims 36 and 37 as follows:

36 (Amended). First and second exercising and sports conditioning mats which assist [assists] in instructing and demonstrating the correct performance of exercise routines to contribute toward maximizing their benefit while minimizing the likelihood of injury because of the impact of landing after jumping wherein:

each of said mats comprises a plurality of layers,
means for connecting said layers to each other to define a stack of layers,

the uppermost layer in said stack of layers including a top surface on which the exercising and sports conditioning is performed,

an intermediate layer comprised of material that will absorb the impact of a jump and thereby minimize the likelihood of injury,

both of said mats include a front end and a rear end,
a rectangular polygon on each of said mats,

first and second identical pluralities of mutually
distinctive components, one of said pluralities being on said top
surface each of said mats for defining locations on each mat for
foot placement before and after jumping routines in exercising
and sport conditioning,

some of said components in one of said pluralities
being at said rear end of one of said mats, and said identical
components being at said front end of said other mat, and

the rest of said components in said one plurality being
at said front end of said one mat, and said identical components
are at said rear end of said other mat,

said mats being arranged so that the front ends of each mat
are facing each other and the rear ends of each of said mats are
facing away from each other so that exercisers can face each
other and match their foot movements while exercising.

37(Amended). An exercising and sports conditioning mat
which assists in correct performance of exercise routines to
contribute toward maximizing their benefit while minimizing their
likelihood of injury because of the impact of landing after
jumping wherein:

said mat is between about 1/30 and one half inch thick,
weighs about 4.5 to 5.5 pounds and is about 42 inches wide by
about 42 inches long,

said mat being comprised of three layers ^{having connecting means} ~~that are~~
~~connected~~ to each other to define a stack of layers,